

Coley Fitness Zone outdoor gym

5/41155 ISSUE 1 - DATE: 23/05/2019 - CUSTOMER: READING BOROUGH COUNCIL - DESIGNER 9
REFER TO CAD PLAN FOR DETAIL - NOTE: THIS IS AN ARTISTS ILLUSTRATION ONLY



WETPOUR COLOUR CODING

- = ARM EXERCISES
- = FULL BODY EXERCISES
- = LEG EXERCISES
- = CORE EXERCISES



SINGLE SIT UP BENCH



SPACE WALKER



DOUBLE LEG PRESS

12
Individual
Fitness
items

NEW



CHECK OUT OUR NEW WORKOUT APP!

@ **WICKSTEED.FIT**

USE THE APP TO LOG ALL OF YOUR WORKOUTS AND TRACK THE PROGRESS THAT YOU MAKE. GETTING FIT COULDN'T BE EASIER!

FITNESS EN16630
COMPLIANT
LEGACY ZONE



www.wicksteed.co.uk